

Nephi Recreation Newsletter

MAY 2014



Recognized by Utah Recreation &
Parks Association

Department of the Year: Class 1

"SPONSOR OF THE MONTH"

Utah State University is happy to support Nephi Recreation. Healthy minds and bodies make happy people. Aerobic exercise just twice a week halves the risk of general dementia. It cuts the risk of Alzheimer's by 60 percent. And, just like your body, your brain needs exercise. USU Nephi offers many options to keep your brain sharp. We have over 41 degrees and programs. You can learn to landscape your yard, balance a general ledger and write a paper on the benefits of exercise. Earn a degree in Accounting, Special Education or Agribusiness, to name a few of the program options. Check us out at <http://nephi.usu.edu/> or better yet, walk over and visit us at 346 E 600 N.

UtahStateUniversity
NEPHI

The Power to Change for Good

NEW! Tennis Class



Tennis is a fun sport that is great exercise and easy to learn. Courts are open year-round to the public at no cost. Classes are for both boys & girls.

Dates: June 2-5 & 9-12 (8 classes)

Fee: \$15 per person, includes t-shirt

Class 1: Ages: 10-15 8:00-9:00am

Class 2: Ages: 5-9 9:00-10:00am

Location: Juab High School Tennis Courts

Registration: Available online or drop by the Recreation Office weekdays 1:00-4:00pm

Youth Coed



Summer Soccer

League Play: July-August

Game Days: Tuesdays or Thursdays

Who: Boys & Girls ages 4– 9th Grade

Early Bird Fee: \$25-35 per person

(before June 11th; depends on age)

INCLUDES SOCCER TECH SHIRT & SOCKS



www.nephirecreation.com

Youth Swim Team

Season: June thru July

Who: Boys & Girls 8-18

Registration Fee: \$50



Practices Mon, Wed, Friday 12noon-1pm

Includes 3 practices , meets & t-shirt *Pre-requisite: participants must be able to swim 25 meters without assistance.



Ages: 9-14 (As of Dec 31, 2014)

Saturday, May 31

Juab High School: 802 N 650 East

Registration: Waiver form at 9am

Event Start Time: 10:00am

*Do not need to be part of the track team to participate-**FREE!**

*No Cleats, only tennis shoes

SUMMER ADULT SPORTS: REGISTRATION DUE JUNE 26

ADULT COED SOFTBALL- \$275 register now

New! **ADULT SOCCER COED SOCCER-** \$250 register now



MAY "Health Challenge"

Get outside this May! The weather is perfect, and the great outdoors is calling your name.

Hiking, Biking, Walking , Running, Camping, just to name a few ideas. Set a goal of 2 hours per week. Treat YOURSELF to fresh air.

Nephi Recreation Staff:

Recreation Director– John Bradley

Recreation Assistant– Russ Bender

New! Office Assistant– Michaela Park

New! Summer Rec Intern-Jerod Han

Play Time @ the Gym

Bring your young children to the Gym **each Tuesday** at 10:30am (After Library Reading Time). Let them get their wiggles out. Balls and roller skates available. **FREE!**

Contact Information

Phone: (435) 623-1004

Email: jhbradley@nephi.utah.gov

Gym Weekday Office Hours: 1-4:00pm

Office Address: 45 E 100 N

Nephi, UT 84648

Online Registration Now Available! www.nephirecreation.com

Youth Fit Passport



"Your Ticket to a Healthy Summer"

STARTS June 1ST thru August 8, 2014

Youth Ages 5-14. FREE Program!

How It Works: It's simple & fun!



- *** First- pick up your "Fit Passport Card" at the Recreation Office or download a card off our website at www.nephirecreation.com
- *** Second, youth participants earn Fit Points as they exercise. Parents/Guardians sign off on the exercise.
- *** Third, participants bring "Fit Passport Cards" to the Recreation Office as they complete each level, to redeem for cool prizes!

Level 1: Treasure Box Choice

Level 2: Cool Mystery Fit Prize

Level 3: Free Swim Pass or Bucket of Golf Balls at Canyon Golf Course

All Participant Party: Friday August 8, 6:00-8:00pm at the Old Nephi Gym

For more information call 623-1004 or email jhbradley@nephi.utah.gov

Recreation Office is located at 45 E 100 N in Nephi. Cards have no cash value.

Program Sponsors:

NEPHI
Chiropractic Clinic

SUBWAY
eat fresh.™

